

- Aquatic Coordinator.....259-4185
- Aquatic Hotline 259-3232

JCWCC Pool Schedule

- Monday-Thursday..... 6am-9pm
- Friday 6am-8pm
- Saturday 9am-6pm
- Sunday..... 1-6pm

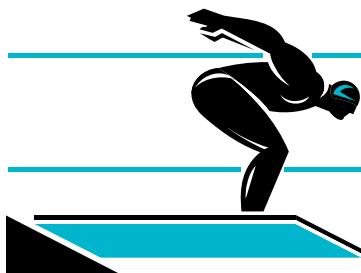
The JCWCC will be closed on the following holidays:

- Easter..... Sun., April 8
- Memorial Day Mon., May 28
- Independence Day Wed., July 4
- Labor Day.....Mon., September 3

Unless otherwise noted, all aquatic classes are held at the James City/Williamsburg Community Center indoor pool.

Circle swimming (lane sharing) is encouraged for lap swimming during peak hours. For Pool Activities, pick up an Aquatic Calendar of Events at the Front Desk or online at www.jccEgov.com/recreation.

The Williamsburg Aquatic Club (WAC) practices at the JCWCC Monday-Friday, 3-5pm and 7:30-9pm. WAC is a partnered program with James City County. WAC uses 5 lanes during scheduled practice times.



Pool Rules

- Children ages 6-11 must pass the swim proficiency test to swim alone. Children ages 11 and younger who have not passed the swim proficiency test must be accompanied in the water by an adult, 16 or older, within arms reach at all times.
- Adults only are allowed to use the whirlpool. Children age 12 and older may use if accompanied by guardian.
- No street clothes or shoes permitted on pool deck.
- Parents are encouraged to view lessons from the bleachers.

For the complete list of pool rules, call the Aquatic Coordinator at 259-4185.

Aquatic Registration Dates

Please register only for the one aquatic course you need versus registering for all courses offered in each brochure. There are now individual, two- or three-week registration periods. Once you have successfully passed a class, you can register for the next level during the open registration periods listed below. You can register at the community centers or online at www.jccEgov.com/recreation:

2/13-2/26
3/21-4/6
5/2-5/18
6/6-6/15
7/11-7/20
9/4-9/14

Free Swim Evaluations

If you are new to the County and the American Red Cross Learn to Swim program, we will be offering free swim evaluations on the following evenings during the registration periods. You may stop by the JCWCC anytime between 4:30 and 6:30pm.

M/T	2/13, 2/14	102000-A
M/T	3/26, 3/27	103000-A
M/T	5/14, 5/15	105000-A
T/W	6/12, 6/13	106000-A
T/W	7/17, 7/18	107000-A
T/W	9/4, 9/5	109000-A

Child Private Lessons

(ages 5-18) – for swimmers who need a one-on-one environment for learning.

Each lesson consists of 30 minutes of individual instruction based on the child's specific needs. Lessons are taught based on instructor availability. To schedule, call 259-4185. Cancellations and postponements require 24-hour notice to avoid being charged for the scheduled class, except in cases of an emergency.

3/1-3/31	\$25/Lesson	103530-A
4/1-4/30	\$25/Lesson	104530-A
5/1-5/31	\$25/lesson	105530-A
6/1-6/30	\$25/lesson	106530-A
7/1-7/31	\$25/lesson	107530-A
8/1-8/31	\$25/lesson	108530-A
9/1-9/30	\$25/lesson	109530-A

Semi-Private Classes

Limited to 3 children

For swimmers to learn in a smaller class setting.

Splash N Splash Semi-Private Class (ages 3-5)

- Putting face in water and bubble blowing
- Kicking with support
- Entering and exiting the water safely
- Floating with assistance on both the front and back
- \$75/\$70 per session unless otherwise noted

T/Th	2/28-3/22	11:30-12:15pm	102410-A
T/Th	4/10-5/3	11:30-12:15pm	104410-A
F	4/13-6/1	11:30-12:15pm	104410-B
Sat	4/14-6/2	12:30-1:15pm	104410-C
T/Th	5/22-6/7*	11:30-12:15pm	105410-A
		*\$60/\$55	
M-Th	6/18-6/28	11:30-12:15pm	106410-A
Sat	6/23-7/28*	12:30-1:15pm	106410-B
		*\$60/\$55	
M-Th	7/9-7/19	11:30-12:15pm	107410-A
M-Th	7/30-8/9	11:30-12:15pm	107410-B
M/W	9/17-10/10	4:30-5:15pm	109410-A
T/Th	9/18-10/11	11:30-12:15pm	109410-B
F	9/21-11/9	11:30-12:15pm	109410-C
Sat	9/22-11/10	12:30-1:15pm	109410-D



Splash N Swim Semi-Private Class (ages 5-7)

- Bobbing
- Floating unsupported on front and back
- Introduction to front and back crawl (arm and leg actions both separate and combined)
- Retrieving objects from pool bottom
- Jumping into three to five feet of water
- \$75/\$70 per session unless otherwise noted

T/Th	2/28-3/22	11:30-12:15pm	102420-A
T/Th	4/10-5/3	11:30-12:15pm	104420-A
F	4/13-6/1	11:30-12:15pm	104420-B
Sat	4/14-6/2	12:30-1:15pm	104420-C
T/Th	5/22-6/7*	11:30-12:15pm	105420-A *\$60/\$55
M-Th	6/18-6/28	11:30-12:15pm	106420-A
Sat	6/23-7/28*	12:30-1:15pm	106420-B *\$60/\$55
M-Th	7/9-7/19	11:30-12:15pm	107410-A
M-Th	7/30-8/9	11:30-12:15pm	107420-B
M/W	9/17-10/10	4:30-5:15pm	109420-A
T/Th	9/18-10/11	11:30-12:15pm	109420-B
F	9/21-11/9	11:30-12:15pm	109420-C
Sat	9/22-11/10	12:30-1:15pm	109420-D

Swimmers Semi-Private Class (ages 8-12)

- Breathing to the side
- Butterfly
- Freestyle
- Breaststroke
- Sidestroke
- Backstroke
- Any part of a stroke
- \$75/\$70 per session unless otherwise noted

Sat	4/14-6/2	12:30-1:15pm	104430-A
M-Th	6/18-6/28	11:30-12:15pm	106430-A
Sat	6/23-7/28*	12:30-1:15pm	106430-B *\$60/\$55
M-Th	7/9-7/19	11:30-12:15pm	107430-A

M-Th	7/30-8/9	11:30-12:15pm	107430-B
M/W	9/17-10/10	4:30-5:15pm	109430-A
Sat	9/22-11/10	12:30-1:15pm	109430-B

American Red Cross Learn to Swim Levels

This swim program is progressive and taught by an American Red Cross Certified Water Safety Instructor. On average, participants repeat each level two to three times before becoming proficient in the required skills. This is very important for successful completion of each level. The ages on all swimming levels after Preschool is 5 and older. If a child is 4 years old and has successfully completed Preschool, they may register for American Red Cross Levels 1 or 2.

Parent and Child Aquatics (ages 5 months - 3 years)

- Introducing water to young children
- Water safety course for parents
- Parents must be in water with the child
- Swim diaper required
- Class size is limited to a maximum of 15 children
- \$40/\$35 per session unless otherwise noted

T/Th	2/28-3/22	10:30-11am	102010-A
T/Th	2/28-3/22	4:30-5pm	102010-B
T/Th	4/10-5/3	10:30-11am	104010-A
T/Th	4/10-5/3	4:30-5pm	104010-B
Sat	4/14-6/2	9:30-10am	104010-C
T/Th	5/22-6/7*	10:30-11am	105010-A *\$30/\$25
T/Th	5/22-6/7*	4:30-5pm	105010-B *\$30/\$25
M-Th	6/18-6/28	9:30-10am	106010-A
Sat	6/23-7/28*	9:30-10am	106010-B *\$30/\$25
M-Th	7/9-7/19	9:30-10am	107010-A
M-Th	7/30-8/9	9:30-10am	107010-B
T/Th	9/18-10/11	10:30-11am	109010-A
T/Th	9/18-10/11	4:30-5pm	109010-B
Sat	9/22-11/10	9:30-10am	109010-C

Preschool Aquatics (ages 3-5)

- Enter and exit the water in safe manner
- Feel comfortable in the water
- Submerge in a rhythmic pattern
- Explore buoyancy in a front and back position
- Perform combined strokes on front and back
- Change body positions in water
- Non-toilet trained children must wear a swim diaper
- Class size is limited to a maximum of 15 children per three instructors.
- \$45/\$40 per session unless otherwise noted

T/Th	2/28-3/22	10:30-11:15am	102020-A
T/Th	2/28-3/22	4:30-5:15pm	102020-B
T/Th	2/28-3/22	1-1:45pm	102020-C
T/Th	4/10-5/3	10:30-11:15am	104020-A
T/Th	4/10-5/3	1-1:45pm	104020-B
T/Th	4/10-5/3	4:30-5:15pm	104020-C
F	4/13-6/1	10:30-11:15am	104020-D
F	4/13-6/1	1-1:45pm	104020-E
Sat	4/14-6/2	9:30-10:15am	104020-F
T/Th	5/22-6/7*	10:30-11:15am	105020-A *\$35/\$30
T/Th	5/22-6/7*	1-1:45pm	105020-B *\$35/\$30
T/Th	5/22-6/7*	4:30-5:15pm	105020-C *\$35/\$30
M-Th	6/18-6/28	9:30-10:15am	106020-A
T/Th	6/19-7/12	4:30-5:15pm	106020-B
Sat	6/23-7/28*	9:30-10:15am	106020-C *\$35/\$30
M-Th	7/9-7/19	9:30-10:15am	107020-A
T/Th	7/24-8/9*	4:30-5:15pm	107020-B *\$35/\$30
M-Th	7/30-8/9	9:30-10:15am	107020-C
T/Th	9/18-10/11	10:30-11:15am	109020-A
T/Th	9/18-10/11	1-1:45pm	109020-B
T/Th	9/18-10/11	4:30-5:15pm	109020-C
F	9/21-11/9	10:30-11:15am	109020-D
F	9/21-11/9	1-1:45pm	109020-E
Sat	9/22-11/10	9:30-10:15am	109020-F

Free Swim Evaluations

If you're unsure of your or your child's swimming needs, sign up for a free swim evaluation! Details on page 27.

LEVEL 1 – Introduction to Water Skills (ages 5+)

- There are no prerequisites for this course
- Help students feel comfortable in water and enjoy the water safely
- Introduced to elementary aquatic skills which will be built upon throughout the five levels of the Learn To Swim Program.
- Youth who have some experience with the water may begin the program at a higher level.
- \$45/\$40 per session unless otherwise noted

JCWCC

T/Th	2/28-3/22	5:30-6:15pm	102210-B
T/Th	4/10-5/3	5:30-6:15pm	104210-A
Sat	4/14-6/2	10:30-11:15am	104210-B
M/W	5/21-6/11*	5:30-6:15pm	105210-A
	* \$35/\$30 – no class 5/28		
T/Th	5/22-6/7*	5:30-6:15pm	105210-B
M-Th	6/18-6/28	10:30-11:15am	106210-A
M/W	6/18-7/16*	4:30-5:15pm	106210-B
	*no class 7/4		
M/W	6/18-7/16*	5:30-6:15pm	106210-C
	*no class 7/4		
T/Th	6/19-7/12	5:30-6:15pm	106210-D
Sat	6/23-7/28*	10:30-11:15am	106210-E
	* \$30/\$25		
M-Th	7/9-7/19	10:30-11:15am	107210-A
M/W	7/23-8/8*	4:30-5:15pm	107210-B
	* \$35/\$30		
M/W	7/23-8/8*	5:30-6:15pm	107210-C
	* \$35/\$30		
T/Th	7/24-8/9*	5:30-6:15pm	107210-D
	* \$35/\$30		
M-Th	7/30-8/9	10:30-11:15am	107210-E
M/W	9/17-10/10	5:30-6:15pm	109210-A
T/Th	9/18-10/11	5:30-6:15pm	109210-B
Sat	9/22-11/10	10:30-11:15am	109210-C

UCP

M-Th	6/18-6/28	11-11:45am	106110-A
M-Th	7/9-7/19	11-11:45am	107110-A
M-Th	7/30-8/9	11-11:45am	107110-B

CRP

T/Th	6/19-7/12	5-5:45pm	106213-A
T/Th	7/24-8/9*	5-5:45pm	107213-A
	* \$35/\$30		

LEVEL 2 – Fundamental Aquatic Skills

Students entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.

- Float without support and recover to a vertical position
- Beginning of true locomotion skills
- Explore simultaneous and alternating arm and leg actions on their front and back
- \$45/\$40 per session unless otherwise noted

JCWCC

M/W	2/27-3/21	4:30-5:15pm	102220-A
M/W	2/27-3/21	5:30-6:15pm	102220-B
T/Th	2/28-3/22	5:30-6:15pm	102220-D
T/Th	2/28-3/22	6:30-7:15pm	102220-E
M/W	4/9-5/2	4:30-5:15pm	104220-A
M/W	4/9-5/2	5:30-6:15pm	104220-B
T/Th	4/10-5/3	6:30-7:15pm	104220-C
Sat	4/14-6/2	10:30-11:15am	104220-D
Sat	4/14-6/2	11:30-12:15pm	104220-E
M/W	5/21-6/11*	4:30-5:15pm	105220-A
	* \$35/\$30 – no class 5/28		
M/W	5/21-6/11*	5:30-6:15pm	105220-B
	* \$35/\$30 – no class 5/28		
T/Th	5/22-6/7*	5:30-6:15pm	105220-C
	* \$35/\$30		
T/Th	5/22-6/7*	6:30-7:15pm	105220-D
	* \$35/\$30		
M-Th	6/18-6/28	10:30-11:15am	106220-A
M/W	6/18-7/16*	4:30-5:15pm	106220-B
	*no class 7/4		
M/W	6/18-7/16*	5:30-6:15pm	106220-C
	*no class 7/4		
T/Th	6/19-7/12	5:30-6:15pm	106220-D
Sat	6/23-7/28*	10:30-11:15am	106220-E
	* \$35/\$30		

M-Th	7/9-7/19	10:30-11:15am	107220-A
M/W	7/23-8/8*	4:30-5:15pm	107220-B
	* \$35/\$30		
M/W	7/23-8/8*	5:30-6:15pm	107220-C
	* \$35/\$30		
T/Th	7/24-8/9*	5:30-6:15pm	107220-D
	* \$35/\$30		
M-Th	7/30-8/9	10:30-11:15am	107220-E
M/W	9/17-10/10	5:30-6:15pm	109220-A
T/Th	9/18-10/11	6:30-7:15pm	109220-B
Sat	9/22-11/10	10:30-11:15am	109220-C
Sat	9/22-11/10	11:30-12:15pm	109220-D

Aquatics



American Red Cross Learn To Swim programs teach participants to swim and to be safe in, on and around the water.

UCP

M-Th	6/18-6/28	11-11:45am	106120-A
M-Th	7/9-7/19	11-11:45am	107120-A
M-Th	7/30-8/9	11-11:45am	107120-B

CRP

T/Th	6/19-7/12	5-5:45pm	106223-A
T/Th	7/24-8/9*	5-5:45pm	107223-A
	* \$35/\$30		

LEVEL 3 – Stroke Development

Students entering this course must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.

- Coordinate the front crawl and back crawl
- Elements of the butterfly
- Fundamentals of treading water
- Must be able to swim 15 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session unless otherwise noted

JCWCC

M/W	2/27-3/21	4:30-5:15pm	102230-A
M/W	2/27-3/21	5:30-6:15pm	102230-B
T/Th	2/28-3/22	5:30-6:15pm	102230-D
T/Th	2/28-3/22	6:30-7:15pm	102230-E
M/W	4/9-5/2	4:30-5:15pm	104230-A
M/W	4/9-5/2	5:30-6:15pm	104230-B
T/Th	4/10-5/3	5:30-6:15pm	104230-C
T/Th	4/10-5/3	6:30-7:15pm	104230-D

**Register online for
all classes at
jccEgov.com/recreation.**



Sat	4/14-6/2	10:30-11:15am	104230-E
Sat	4/14-6/2	11:30-12:15pm	104230-F
M/W	5/21-6/11*	4:30-5:15pm	105230-A
	*\$35/\$30 – no class 5/28		
M/W	5/21-6/11*	5:30-6:15pm	105230-B
	*\$35/\$30 – no class 5/28		
M/W	5/21-6/11*	6:30-7:15pm	105230-C
	*\$35/\$30 – no class 5/28		
T/Th	5/22-6/7*	5:30-6:15pm	105230-D
	*\$35/\$30		
T/Th	5/22-6/7*	6:30-7:15pm	105230-E
	*\$35/\$30		
M-Th	6/18-6/28	10:30-11:15am	106230-A
M/W	6/18-7/16*	4:30-5:15pm	106230-B
	*no class 7/4		
M/W	6/18-7/16*	5:30-6:15pm	106230-C
	*no class 7/4		
T/Th	6/19-7/12	5:30-6:15pm	106230-D
T/Th	6/19-7/12	6:30-7:15pm	106230-E
Sat	6/23-7/28*	10:30-11:15am	106230-F
	*\$35/\$30		
Sat	6/23-7/28*	11:30-12:15pm	106230-G
	*\$35/\$30		
M-Th	7/9-7/19	10:30-11:15am	107230-A
M/W	7/23-8/8*	4:30-5:15pm	107230-B
	*\$35/\$30		
M/W	7/23-8/8*	5:30-6:15pm	107230-C
	*\$35/\$30		
T/Th	7/24-8/9*	5:30-6:15pm	107230-D
	*\$35/\$30		
T/Th	7/24-8/9*	6:30-7:15pm	107230-E
	*\$35/\$30		
M-Th	7/30-8/9	10:30-11:15am	107230-F
M/W	9/17-10/10	6:30-7:15pm	109230-A
T/Th	9/18-10/11	5:30-6:15pm	109230-B
T/Th	9/18-10/11	6:30-7:15pm	109230-C
Sat	9/22-11/10	10:30-11:15am	109230-D
Sat	9/22-11/10	11:30-12:15pm	109230-E

UCP

M-Th	6/18-6/28	10-10:45am	106130-A
M-Th	7/9-7/19	10-10:45am	107130-A
M-Th	7/30-8/9	10-10:45am	107130-B

CRP

T/Th	6/19-7/12	6-6:45pm	106233-A
T/Th	7/24-8/9*	6-6:45pm	107233-A
	*\$35/\$30		

LEVEL 4 – Stroke Improvement

Students must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.

- Improve skills and increase endurance by swimming familiar strokes for greater distances
- Build on the butterfly
- Introduced to the elementary backstroke, breaststroke and elements of the sidestroke
- Must be able to swim 25 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session unless otherwise noted

JCWCC

M/W	2/27-3/21	4:30-5:15pm	102240-A
M/W	2/27-3/21	5:30-6:15pm	102240-B
T/Th	2/28-3/22	5:30-6:15pm	102240-C
T/Th	2/28-3/22	6:30-7:15pm	102240-D

M/W	4/9-5/2	4:30-5:15pm	104240-A
M/W	4/9-5/2	5:30-6:15pm	104240-B
T/Th	4/10-5/3	5:30-6:15pm	104240-C
Sat	4/14-6/2	10:30-11:15am	104240-D
Sat	4/14-6/2	11:30-12:15pm	104240-E

M/W	5/21-6/11*	5:30-6:15pm	105240-A
	*\$35/\$30 – no class 5/28		

M/W	5/21-6/11*	6:30-7:15pm	105240-B
	*\$35/\$30 – no class 5/28		

T/Th	5/22-6/7*	5:30-6:15pm	105240-C
	*\$35/\$30		

T/Th	5/22-6/7*	6:30-7:15pm	105240-D
	*\$35/\$30		

M/W	6/18-7/16*	6:30-7:15pm	106240-A
	*no class 7/4		

T/Th	6/19-7/12	6:30-7:15pm	106240-B
Sat	6/23-7/28*	11:30-12:15pm	106240-C
	*\$35/\$30		

M-Th	7/9-7/19	10:30-11:15am	107240-A
M/W	7/23-8/8*	6:30-7:15pm	107240-B
	*\$35/\$30		

T/Th	7/24-8/9*	6:30-7:15pm	107240-C
	*\$35/\$30		

M-Th	7/30-8/9	10:30-11:15am	107240-D
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M/W	9/17-10/10	6:30-7:15pm	109240-A
T/Th	9/18-10/11	5:30-6:15pm	109240-B
Sat	9/22-11/10	10:30-11:15am	109240-C
Sat	9/22-11/10	11:30-12:15pm	109240-D

UCP

M-Th	6/18-6/28	10-10:45am	106140-A
M-Th	7/9-7/19	10-10:45am	107140-A
M-Th	7/30-8/9	10-10:45am	107140-B

CRP

T/Th	6/19-7/12	6-6:45pm	106243-A
T/Th	7/24-8/9*	6-6:45pm	107243-A
	*\$35/\$30		

LEVEL 5 – Stroke Refinement

Students must have a Level 4 certificate or be able to demonstrate all the course requirements in Level 4.

- Coordination and refinement of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke)
- Increase distances
- Flip turns on the front and back are introduced
- Must be able to swim 50 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session unless otherwise noted

JCWCC

M/W	2/27-3/21	5:30-6:15pm	102250-A
T/Th	2/28-3/22	6:30-7:15pm	102250-B

M/W	4/9-5/2	6:30-7:15pm	104250-A
T/Th	4/10-5/3	6:30-7:15pm	104250-B

Sat	4/14-6/2	11:30-12:15pm	104250-C
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M/W	5/21-6/11*	6:30-7:15pm	105250-A
	*\$35/\$30 – no class 5/28		

T/Th	5/22-6/7*	6:30-7:15pm	105250-B
	*\$35/\$30		

M/W	6/18-7/16*	6:30-7:15pm	106250-A
	*no class 7/4		

T/Th	6/19-7/12	6:30-7:15pm	106250-B
Sat	6/23-7/28*	11:30-12:15pm	106250-C
	*\$35/\$30		

M/W	7/23-8/8*	6:30-7:15pm	107250-A
	*\$35/\$30		

T/Th	7/24-8/9*	6:30-7:15pm	107250-B
	*\$35/\$30		

M/W	9/17-10/10	5:30-6:15pm	109250-A
T/Th	9/18-10/11	6:30-7:15pm	109250-B
Sat	9/22-11/10	11:30-12:15pm	109250-C

Rec Racers (ages 6-14)

Students must be able to successfully swim one lap of crawl stroke and one lap of backstroke (1 lap = 50 yards).

- Refine strokes to swim with more ease, efficiency, power and smoothness over greater distances
- Good for swimmers who are interested in competitive swimming or who want

- to achieve a higher level of fitness
- Class is structured like a swim team
- \$95/\$90 per session unless otherwise noted

(ages 6-9)

JCWCC

M/W 4/9-5/16* 5:30-6:30pm 104310-A
*\$65/\$60

T/Th 4/10-5/17* 5:30-6:30pm 104310-B
*\$65/\$60

M/W 9/17-11/14 5:30-6:30pm 109310-A

T/Th 9/18-11/15 5:30-6:30pm 109310-B

(ages 10-14)

M/W 4/9-5/16* 6:30-7:30pm 104320-A
*\$65/\$60

T/Th 4/10-5/17* 6:30-7:30pm 104320-B
*\$65/\$60

M/W 9/17-11/14 6:30-7:30pm 109320-A

T/Th 9/18-11/15 6:30-7:30pm 109320-B

American Red Cross Lifeguard Training Course

(ages 15+)

- Learn surveillance and rescue skills.
- First Aid and CPR certification.
- MUST pass a pre-class swim test: 300-yard continuous swim (100 yards of front crawl, 100 yards of breaststroke and 100 yards of choice of front crawl or breaststroke) Retrieve a 10-pound brick from the bottom of the pool and return 20 yards, keeping both hands on the brick at all times; face must remain out of the water.
- Failure to complete competency test does not guarantee a full refund.
- Classes will be held at JCWCC and Eastern State Hospital.
- Class meets at JCWCC on the first day
- Participants must attend EVERY class to earn certification.
- Cell phone use is not permitted in class and can be grounds for dismissal. Fee includes all necessary equipment. For more information, call the Aquatic Coordinator after March 1 at 259-4185.

American Red Cross Lifeguard Challenge

- This class will renew the Lifeguarding and CPR/AED for professional rescuers certifications.
- Participants must successfully complete the prerequisite skills, three scenarios, first aid skills, back boarding and written tests.
- Failure to complete all requirements does not guarantee a full refund.
- Cell phone usage is not permitted in class and can be grounds for dismissal.
- Course does not include materials. Please bring your current Lifeguard and CPR card for proof of certification.
- For more information, call the Aquatic Coordinator after March 1 at 259-4185.

Lifeguard CPR-PR AED Re-Certification

- This class will renew the CPR/AED for professional rescuers certification.
- Failure to complete all requirements does not guarantee a full refund.
- Cell phone use is not permitted in class and can be grounds for dismissal.
- Course does not include materials. Please bring your current Lifeguard and CPR card for proof of certification.
- For more information on this class, call the Aquatic Coordinator after March 1 at 259-4185.

Adult Aquatic Programs

Adult Private Swim Lessons

(ages 18+)

Are you interested in learning how to swim or just taking a few classes to perfect your strokes? Training for a triathlon and need some stroke refinement? Classes will consist of 30 minutes of individual instruction based on the individual's specific needs. Lessons taught based on instructor availability. To schedule an appointment, call the Aquatic Program Coordinator

Aquatics



at 259-4185. Cancellations and postponements require 24-hour notice, except in the case of an emergency.

\$25/lesson. JCWCC

3/1-3/31 103520-A

4/1-4/30 104520-A

5/1-5/31 105520-A

6/1-6/30 106520-A

7/1-7/31 107520-A

8/1-8/31 108520-A

9/1-9/30 109520-A

Liquid Fitness Classes

- Wristbands or a combo pass are needed to participate in Liquid Fitness classes. Both 10-visit and monthly wristbands are available. See page 22 for prices.
- No swimming ability is required.
- Please consult a physician before beginning a class.

Note: Check the ♥ symbol located beside the Liquid Fitness classes to find a class to match your fitness needs.

Classes offered include: ♥ Aqua Easy, ♥ Arthritis Foundation Aquatic Program, ♥♥ Water Walking, ♥♥♥ Hydro Sculpt, ♥♥♥♥ Hydro Spin and Core, and ♥♥♥♥ Water Cardio.

♥ = moderate, low intensity

♥♥ = medium intensity

♥♥♥♥ = high intensity

Liquid Fitness schedules are subject to change. Current schedules and course descriptions are available online and at the Front Desk. Monthly schedules are also emailed to participants who provide an email address at the time of registration. If there are classes you'd like to see offered, please don't hesitate to call the Aquatic Coordinator at 259-4185 with your suggestions.